

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING: -Design mobiles and works of art using just scissors and paper. \$3.00 per class. Thurs., March 10

STAMPING: Fridays, March 4, 11, 18 & 25 at 9:30am.

Come in and make some remarkable notecards, special holiday cards, etc. \$3.00 per class. Joyce Bottone.

WEDNESDAY GAME DAY: Come join Randy Weds. at 1pm for Trivia, Jeopardy, Family Feud, Hangman, etc. **STARTS** at 1PM. Prizes may be awarded! Bring in your lunch, snack, etc. Must sign up for each game.

MAHJONG: Call Jan Tuccillo 203 259-7463. Meets every Tuesday, starts March 1st, 12noon-3:00pm.

DOMINOES: Players needed!! Newcomers welcome! You don't need to know how to play. Wednesday mornings 9am-12noon. Call to sign up!

CARDS: BRIDGE, DUPLICATE BRIDGE, PINOCHLE . Find a vaccinated group or partners, and plan a session!

PAINTING AND DRAWING CLASS: Thurs., March 3, 10, 17, 24 & 31 at 9:30am. Improve your water color and acrylic painting skills. You can also learn how to draw with pencil, colored pencil and charcoal. Instructor: Robert Casilla. Cost \$10. Renowned Artist that specializes in book illustrations.

KNITTING AND CROCHETING: We have plenty of wool, needles and yarn that you can take home to knit. Fridays 9:30am, March 4, 11, 18 & 25.

CHARITY QUILTING : has continued throughout COVID & has donated many wonderful quilts to different organizations. Monday, March 7, 21 & 28.

WEAVING: Classes have started. Friday as well as the day of your choice at 9am. Please call to sign up. No more than 6 people at one time. Friday, March 4, 11, 18 & 25.

NIMBLE FINGERS: Thursday, March 24, 10am-12noon. Quilters, knitting, crocheting by hand. Pat Glaser.

EXERCISE PROGRAMS

YOGA: Tues. March 1, 8, 15, 22 & 29 at 8:45am. Yoga is aimed to unite the mind, the body, and the spirit, helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Christine Preston

VINYASA YOGA: With Christine Preston. Thursday, March 3, 10, 17, 24 & 31 at 8:45am. Cost \$8.

WEIGHT TRAINING: Wednesday, March 2, 9, 16, 23 & 30 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (available at the center) Cost \$8. (includes all 3 classes at no extra charge Instructor Diane Tatnall).

RESISTANCE BAND CLASS: Monday, March 7, 14, 21 & 28 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane Tatnall. \$3.00 per class.

BALANCE AND CORE: Weds, March 2, 9, 16, 23 & 30 at 10:00am. This class is designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall. \$3.00 per class

CHAIR/BALL EXERCISE!! Improve bone health, circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Friday, March 4, 11, 18 & 25 at 10am. \$3.00 per class.

KEEPING HEALTHY

MASSAGE/ACUPUNCTURE: Tues. March 1, 8, 15, 22 & 29 & Weds., March 2, 9, 16, 23 & 30. Call immediately to schedule your appointment with Beth. 60 mins. for \$55.00.

BLOOD PRESSURE TESTING: Second Monday of every month, March 14 10:00am. Sponsored by Easton EMS. This service can be a life saver

MANICURES AND PEDICURES: Mon., March 7, 14, 21 & 28 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20. Theresa Lomax. Call for an appt.

SERVICES

ALTERATIONS: Luisa Konstantino, Note date change March 1, 8, 14, & 30 at 9:00am. By appointments only, with clothing returned one week after drop off. Modest Fee

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. March 4, 11, 18 & 25.

NEW CLASS

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, March 1, 8, 15, 22 & 29 at 2:15pm. Tai Chi is open to all levels. We begin with a short guided meditation preparing the mind to enhance the ancient arts for it healing. It can be practiced for strength, balance, improved cognition, calmness & agility. Cost \$7.00 a session